

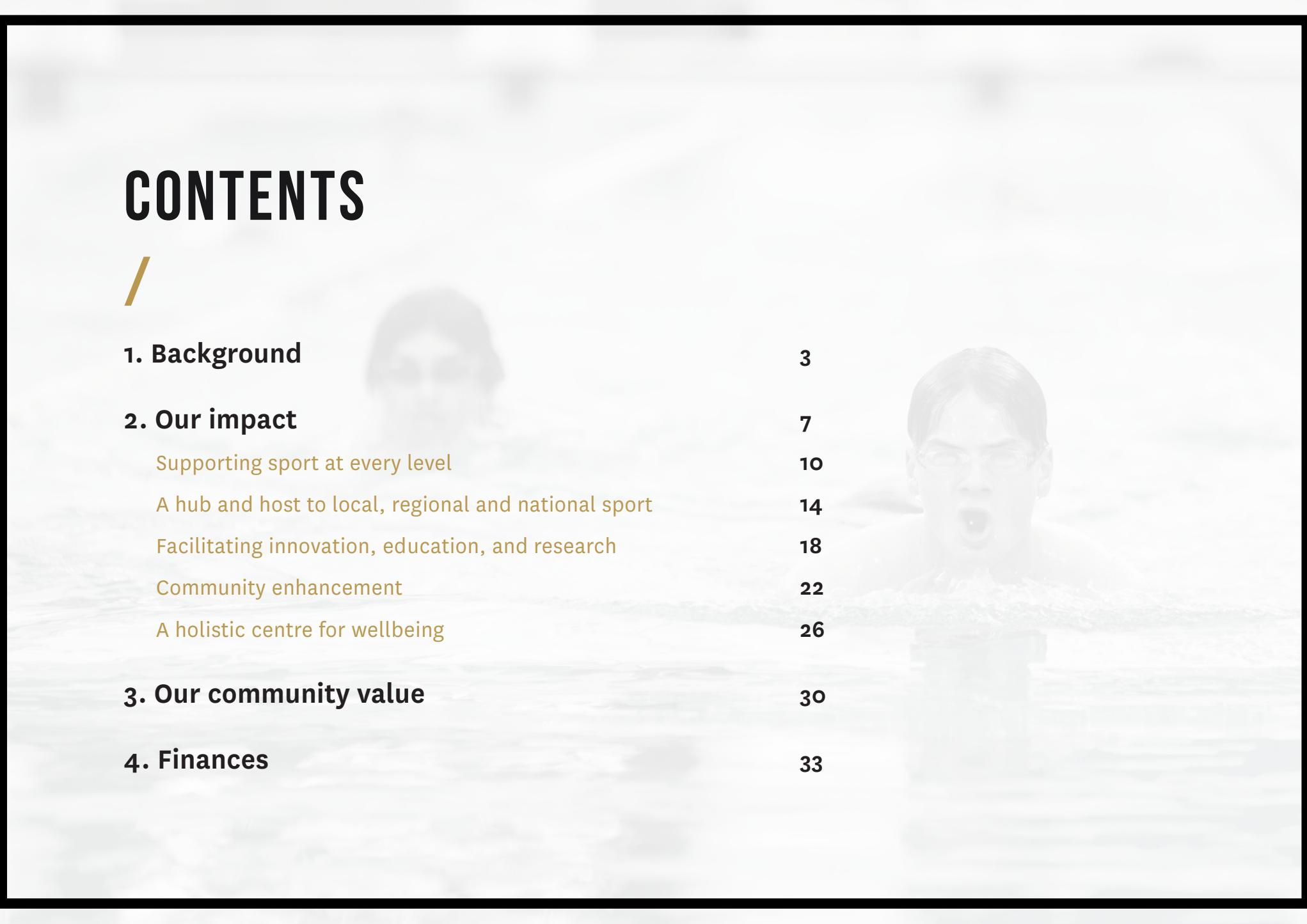


AUT MILLENNIUM

# 2021 IMPACT REPORT



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# BACKGROUND

AUT Millennium is a charitable trust established to **help** New Zealanders live **longer** and **healthier lives** and to **enjoy** and **excel** in sport through the provision of **world-class** facilities, services, research and education.

It is a partnership between AUT and the North Shore Bays Community Fitness Centre Trust and its five Foundation Organisations including North Harbour Bays Athletics, North Harbour Water Polo, North Shore Swimming, NorthSport Olympic Weightlifting and Rangitoto College.

Our reason for being is **to be great**. We want this place to be brilliant.

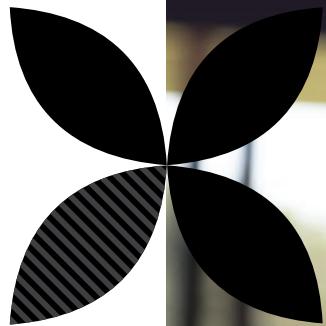
**Bold statements? They're meant to be.**

**We're not here by accident.** We arrived on the shoulders of legends past. The Lovelocks and Lydiards, the Rutherfords and Pickerings. They've shown us that we can take on the world from New Zealand, which is the not-so-secret ingredient of our success. We're inventive, we connect, we share, we're on the same page. We can get a government, a city, a university, clubs, teams, benefactors and communities working together. We don't let egos get in the way of a good idea.

**We don't compromise. We don't complain. We don't bail out.**

**We come in one size. Big.** Big dreams. Big hearts. Big on effort.

**One** is our favourite number. It means **first place, one of a kind, one organisation, one vision**. We're here to make history, have fun, learn, educate, discover stuff, make a difference and **be the best we can be**.



## **Message from Dr Damon Salesa, Board Chair & AUT Vice Chancellor**

On behalf of the AUT Millennium Trust, I am proud to present AUT Millennium's 2021 Impact Report.

AUT Millennium's impact can be felt across community health, grassroots sport, advances in national and international research, and how kiwi athletes represent Aotearoa on the world stage.

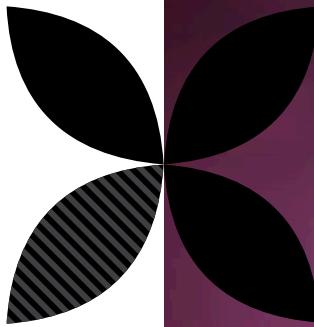
While 2021 came with a unique set of challenges, AUT Millennium rose to meet them. This story is captured in the snapshots and statistics contained in this report, reflecting your people exploring their potential in an enriched and supportive setting, alongside local community, students and researchers, as well as athletes at all levels striving to be the best they can be.

We are particularly proud of the partnerships we have with over 30 organisations, their staff and students, who call AUT Millennium home. Our collaborations and combined expertise means the significant investment we have in facilities, valued at over \$100m, is multiplied, providing a diverse range of opportunities and services for our broad community of users and wider insights that impact across sport, health and wellbeing. I wish to thank our partner and Foundation Organisations for their willingness to unite for the benefit of the AUT Millennium community.

While 2021 led to substantial financial and operational challenges for AUT Millennium, I am immensely proud of the work that was done. In my new role as Chair of the AUT Millennium Trust, I am impressed with the staff and partner organisations' tenacity to push through the challenges and focus on impact.

While there is significant work to be done in this next recovery phase, we are determined to build on the strengths of our partnerships to grow and widen our contribution to sport, health and wellbeing to impact the lives of more New Zealanders.





## Message from Mike Stanley, CEO

2021 was a challenging year for AUT Millennium and, indeed, Aotearoa. The year was largely split into two, with relatively normal operations in the first half of the year followed by heavy Covid-19 related restrictions applied to Tāmaki Makaurau from August to October.

In the first half of 2021, a busy events programme included hosting the Swimming New Zealand Opens in April, where we had swimmers qualify and go on to represent at the Tokyo Olympics and Paralympic Games. During the Games we hosted our own NZHQ, which provided the opportunity for staff, members and our customers the opportunity to cheer on the NZ Olympic Team and Paralympic Team and the large contingent of athletes who train at AUT Millennium. I extend my heartfelt congratulations to the teams and for the inspirational way they represented our nation.

I would like to acknowledge the Athlete Development team, who expanded their work with our foundation clubs and Aquatics staff who worked hard to rebuild Swim School, Water Safety and the Schools Programme.

The second half of the year saw our facility effectively move into hibernation for over 100 days. While most of our services went on hold, we were pleased to support HealthZone as they ramped up to deliver Covid-19 vaccinations. While many of our services had to close, the Gym and Athlete Development teams stepped up to provide online workouts and safely moved to small outdoor sessions when restrictions started to ease. I know these were greatly appreciated and I thank you sincerely for your efforts.

We have felt the effects of Covid-19's long tail and now turn our sights toward Covid-19 recovery to ensure a long-term financial position which will allow us to fulfil our charitable purpose to help New Zealanders live longer and healthier lives. Despite challenging conditions in 2021, AUT Millennium was able to contribute to community sport, health, high-performance sport, innovation, and research. Our contribution was achieved through our partnerships with AUT, sport and health organisations, the community, and our staff. I am proud of our contribution and the willingness of AUT Millennium staff and our wider community to dig deep, collaborate and make a difference to those that walk through our doors.



2

# OUR IMPACT

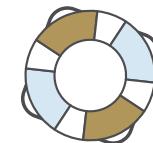
# 2021 at a glance

500K+  
annual visits



150K+  
member visits

41,448  
swimming lessons delivered



Our annual community support is valued at

\$3.5M



106,552  
gym workouts



5,698  
community of active members



2,775  
children completed a water safety lesson

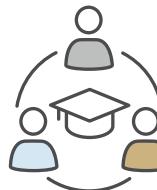


200



High Performance Sport  
New Zealand carded athletes

69



PhD students

45

Masters students

22,265



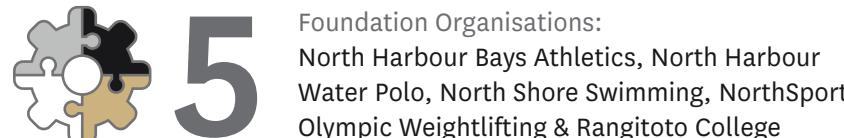
public swims



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## WE ARE NEW ZEALAND'S HOME OF HIGH PERFORMANCE SPORT AND WELLBEING HUB FOR THE COMMUNITY.

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# SUPPORTING SPORT AT EVERY LEVEL

We support sport. Those getting started on their journey, weekend warriors, up-and-comers and New Zealand's best athletes.



## EVERYDAY CHAMPIONS

**2,158**

gym members

**228**

aquatic members

**22,265**

public swims



## GRASSROOTS DEVELOPMENT

**4,679**

club athletes that use the facility

**95**

athlete development athletes



## HIGH PERFORMANCE

**200**

High Performance Sport  
New Zealand carded athletes

**15**

purpose-built facilities

“

**Being part of AUT Millennium  
is not just good for our club  
– it benefits the sport in general.**

”



# Cam & Olivia

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It's a common sight to see rising sporting stars of New Zealand walking through the doors of AUT Millennium. Two of those talents are Cam and Olivia McTaggart.



Growing up as siblings on Auckland's North Shore, they both had a passion for sport at an early age. Cam and Olivia first found that enthusiasm through gymnastics as kids. The rigorous training and injuries however lead them away from the sport and onto their own paths in their teenage years.

For Cam, he found his new drive in weightlifting. At the age of 12, he connected with former Commonwealth Games weightlifter Richie Patterson. "My mum saw that he had just come back from the Deli Commonwealth Games and was looking to get into some coaching". Cam took the opportunity and joined NorthSport Olympic Weightlifting based at AUT Millennium. It was here where he built a relationship with Richie and became his new protégé. Cam, who weighed 37 kg at the time, fell in love with the sport and never looked back.

Over the past 12 years, he has gone on to represent New Zealand at the Tokyo Olympics as well as the Gold Coast and Birmingham Commonwealth Games.

Younger sister Olivia, was forced to quit gymnastics due to a stress fracture in her back. She began her new journey in pole-vaulting at the age of 14. "I got into Pole Vaulting through my coach Jeremy coming into our school for an exhibition day. At the time I couldn't try it because of my back injury but later decided to give it a go due to my background in gymnastics and teammate from gymnastics starting into the sport a few months before me". Olivia has gone on and made her mark in the sport. Her career highlight so far has been finishing 6th place at the World Indoor Championships 2022. She says she walked out of that stadium feeling like "that's where I belong".



“

**There's no question in my mind that you can draw a straight line between New Zealand's Olympic success and AUT Millennium. Most of those athletes have been through our programmes or been on campus.**

# A HUB AND HOST TO LOCAL, REGIONAL AND NATIONAL SPORT

We bring sport organisations together for shared benefits.

Along with being a hub of sport delivery, we are a home of sport governance.



7

National Sports Organisations:  
Athletics New Zealand  
Canoe Racing New Zealand  
Hockey New Zealand  
Squash New Zealand  
Swimming New Zealand  
Tennis New Zealand  
Triathlon New Zealand



1

Regional Sports Trust:  
Aktive



5

Foundation Organisations:  
North Harbour Bays Athletics  
North Harbour Water Polo  
North Shore Swimming  
NorthSport Olympic Weightlifting  
Rangitoto College



251

full time equivalent staff based  
at AUT Millennium. This includes  
our own staff, and our tenant's staff.



Home of  
High Performance  
Sport New Zealand

“

Having seven NSOs in one location has created the kind of knowledge sharing that's impossible when you're physically separated.

Those accidental conversations have been very helpful, especially during Covid because we can learn from each other and share ideas at a time when there was no best practice to follow.

”



# Better together

AUT Millennium is a leading venue in New Zealand for health, sport and exercise science, athlete development and community and club integration.

The venue houses four foundation clubs, multiple pools, an award winning gym, running track and athletics/field sport arena, state-of-the-art AUT research and education facilities, on site accommodation, sports administration bodies, health providers and more. It's a venue where New Zealand's top athletes are training at one end, while school children are learning water safety at the other. The ability to provide tailored services from grass roots to high performance sport is what is what makes AUT Millennium one of a kind.

Since its opening in 2002, AUT Millennium has undergone a number of stages of growth and change. Initially, there were clear motives to help kiwi athletes compete on the world stage by providing a state of the art training facility. The vision of AUT Millennium grew however, as the need was seen to provide service to regional and community sport initiatives. Five founding organisations including North Harbour Bays Athletics, North Harbour Water Polo, North Shore Swimming Club, NorthSport Olympic Weightlifting, and Rangitoto

College partnered with AUT Millennium to support that vision and provide a pathway for the next generation of athletes.

It was identified early on that there were benefits in "hubbing" with other, like minded organisations from knowledge sharing and best practice perspectives. Along with the four foundation clubs, many other sporting organisations have played a critical role in moulding AUT Millennium into what it is today. Sporting bodies such as HPSNZ, SPRINZ, and Aktive are key examples of the diverse landscape represented at AUT Millennium. The opportunity to have these NSOs co-located allows for an environment of collaboration which in turn benefits all athletes who make use of the venue.

The vision of AUT Millennium is to continue to expand and open up the doors for more kiwi sports men and woman on every level. The ability to collaborate on this goal with other like-minded NSOs is what continues to turn the dream into a reality.



“

**The nature of the set up means we can have relationships that are adaptable and strong – it's not one organisation, it's like a federation which provides flexibility.**

# FACILITATING INNOVATION, EDUCATION, AND RESEARCH

We are set up to move things forward. Our facilities, people, and partnerships enable cutting-edge developments in sport, health, and wellness.



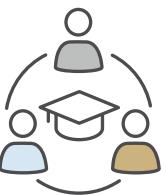
**156**

people through specialist clinics



**772**

students through Athlete Development workshops /education seminars



**20**

AUT academic staff

**69**

AUT PhD students

**45**

AUT Masters students



**15**

purpose built facilities



**4,593**

Deep Water Running  
(trademarked class)



“

**It's a fun place to work; it has an atmosphere  
that means you want to work together.**

**It's a way of working; it's respectful, it doesn't  
matter what part of building or what code  
you're in. It's an energetic place to be.**

”



# Professor Patria Hume

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Professor Patria Hume is a former international rhythmic gymnast and leading expert in sport injury prevention and sports performance biomechanics. She joined AUT in 1999 and was a key member of the development of AUT Millennium in 2012.



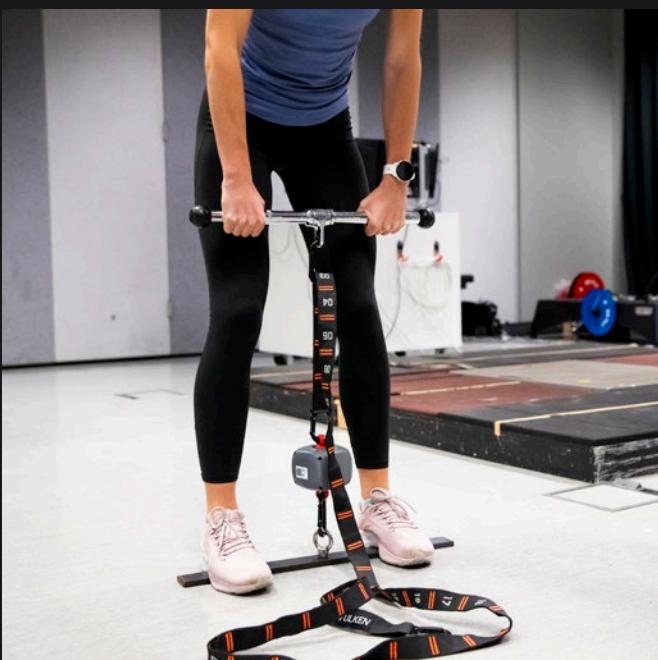
**“**  
**The multidisciplinary collaboration of scientists, medical practitioners, coaches, athletes, and general public enables a real living laboratory approach to generating questions that can be researched with and for people.**

Over her career, Patria has produced more than 600 scholarly articles, has been cited 13,500 times, and recognized with her work by winning the most prestigious award in her field – the International Society of Biomechanics in Sports Geoffrey Dyson Award.

#### **Career highlights**

As a lead researcher at AUT's SPRINZ (Sports Performance Research Institute New Zealand), she has been a part of numerous studies that have been based out of AUT Millennium. Many of these projects have had real-world benefits that have helped New Zealand teams win Olympic medals. Examples include the gymnastics vaulting feedback system and a study done on rowing technique analysis using boat instrumentation and goggles training system.

Another proud project of Patria's is the Te Kukunetanga Research Programme. Run out of AUT Millennium, the project looks to monitor physical and functional changes of women throughout pregnancy and post-natal, in order to develop foundational knowledge of the pregnancy



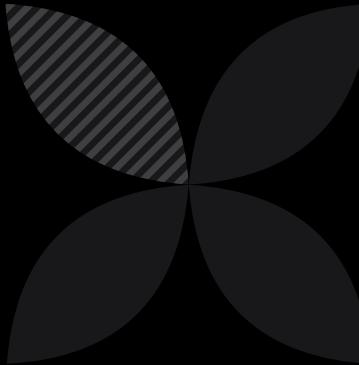
journey, which will provide an opportunity to inform health-related practices for pregnant women. Patria initiated this multidisciplinary, multi-national research team and gained over US\$500,000 funding for the project (under NDA).

#### **The Value of AUT Millennium**

With SPRINZ being located at AUT Millennium, the opportunity for innovation within the research sector is immense. The world class facilities and resources provide a hub for sporting academics to collaborate on revolutionary projects.

#### **Looking to the future**

AUT Millennium has made great strides over the last 20 years within the research sector. From humble beginnings, AUT Millennium is now internationally known for its contribution to health and sports science. Patria's hope is that there would be a continued translation of the science and medicine for elite athletes to the general public. “The development of an innovation centre for immersive experiences by non-elite athletes would be beneficial” she says.



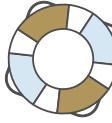
# COMMUNITY ENHANCEMENT

**41,448**   
swimming lessons delivered

**150K+**   
user visits

 **6,627**  
children experienced our education outside  
the classroom programmes

**5,698**   
community of active members

 **2,775**  
children completed a water safety lesson

our community support is valued annually at  
**\$3.5M** 

 **22,265**  
public swims

**106,552**   
gym workouts

**95**   
athlete development athletes

“

**It's such a positive environment around here. Our members, 80% of whom are school kids, get to train in world-class facilities alongside their heroes like Dame Valerie Adams, Dame Lisa Carrington, Eliza McCartney and top NZ teams. That's just huge for our kids.**

”



# The Harris Family

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From the beginning, community has been a pivotal part of the AUT Millennium story. It's a place where there is a sense of belonging for Kiwis of all ages. For the Harris family, AUT Millennium has been just that.

Tim, Mae, and their daughter Tehya are all involved with different components of AUT Millennium. As a founding member, Tim has called the facility home for the past 20 years.

Throughout this time, the Gym and Pool have been a regular part of Tim's weekly routine. "I swim Monday, Wednesday, Friday morning at 5:30/6am with the regular crew... It's a great way to start the day". Tim has become good friends with many members at AUT Millennium where they will often have coffee and breakfast with each other after their workout. "The members all know each other which is really cool".

Tehya was next up in the Harris family to join the facility. She began swimming lessons in the small pool at the young age of 7 months. "Some of the coaches still remember Tehya (now 12 years old) as a baby," Tim mentioned. Tehya has stuck with swimming for the past 11 1/2 years and now swims twice a week at AUT Millennium. "She's super confident to walk in on her own and know that if she needs help, there's plenty of people who will look out for her".

The next step for Tehya was joining Athlete Development Academy which she's been a part of for the past three years. "It's been fantastic for her discipline, confidence, and skill level to match up with her other sports". Tim will often train upstairs or swim during Tehya's session.

The third member who got involved was Mae. She has a passion for Zumba and coincidentally, her favourite Zumba teacher, Mami, began teaching classes at AUT Millennium. Mae decided to follow Mami along and sign up on a family deal at the Gym. Not only does she do Zumba classes at AUT Millennium, but often her own gym workouts while Tehya's swimming. Her homemade chocolate brownies have also become popular amongst staff throughout the years.

Asked on what makes AUT Millennium unique, Tim mentioned "there's nowhere else like it". The multiple pools, cafes, and easy parking are what stand out in Tim's eyes.



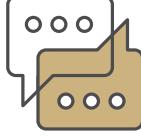
# A HOLISTIC CENTRE FOR WELLBEING

We go beyond sport.

We're a host for primary, specialist, and holistic health practitioners.

7 

medical providers

16,497 

medical user visits

“

Our specialty is ‘fitness as medicine’. Diabetes, brain injury, lower back pain – these are fitness problems. We should be in ‘pre-habilitation’ business. We’ve known about the impact of fitness for decades and nothing has happened. Physical activity is four times as effective as drugs in addressing mental health. I call it movement as medicine.

”



# Joe Fernandes

“Your main artery is 92% blocked.” That’s a scary sentence, and it led to Joe Fernandes having open heart surgery in 2019.

While he had been exercising regularly at the Gym, he had noticed a gradual increase in chest pain during certain activities. His heart itself was okay, the problem was blood getting to and from it.

Following major surgery to bypass the blockage, in 2020 he worked on building a village of people who could help his rehabilitation – cardiologists, family, doctors, and within the AUT Millennium community, AUT Human Potential Clinic, and a personal trainer.

Joe's been part of the AUT Millennium community for years, having worked as a chef in the kitchen catering for Conference and Accommodation guests. He has a jovial relationship with Chief Operating Officer, Steve Lindsay, so when Steve heard about Joe's heart surgery, he took him upstairs to meet with the AUT Human Potential Clinic (HPC) team. It was the start of a 10-week journey towards better health and safe exercise.

### Exercise prescription in action

Working under the guidance of Matt Wood and Graham Keyes, Joe was introduced to the concept of exercise prescription. The HPC team put him through a series of tests, measuring his cardiorespiratory fitness, heart electrical activity (ECG), blood pressure and blood glucose, amongst other health markers.

That information was critical, providing the basis for a safe, personalised post-operation exercise programme. The team then developed a 10-week programme for Joe, seeing him a couple of times a week and keeping an eye on his blood pressure and heart rate during sessions. Coupled with a renewed focus on his diet, Joe started to see gains in his

confidence, strength and fitness. "When Joe came to us, he had very low cardiorespiratory fitness" Graham tells. "Nine months later, at his retesting, he had a 29% increase in his fitness, which is significant, and related to many health benefits including a reduction in the chance of having a cardiac event."

### Hitting the Gym

Many of us will know from our own experience – the fitter you are, the more you enjoy exercise. As Joe's tolerance increased, he also grew to enjoy his workouts, and was keen to return to the Gym.

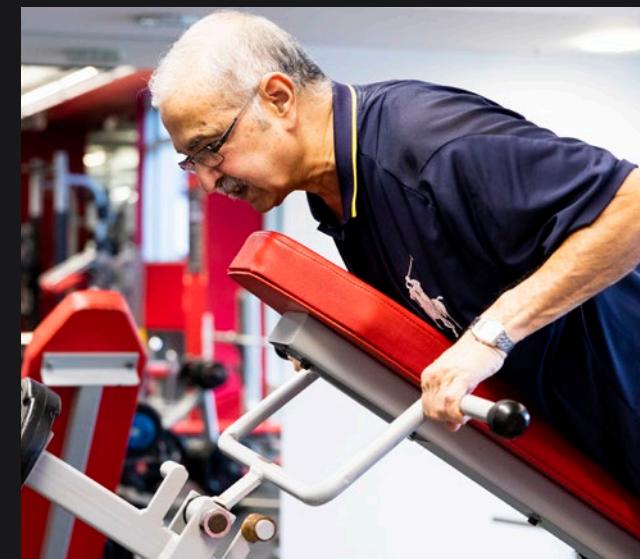
Joe's final two HPC sessions were done in the AUT Millennium Gym so he could begin to integrate the equipment into his routine. It's also where he linked up with personal trainer Gary Kettless, who he was familiar with from his time working in the building. Graham gave Gary a rundown on where Joe was at, and importantly, where he had come from, and the

pair set about continuing Joe's progress.

"It was great to get those stats from Graham to know Joe's accurate condition before we started," Gary says. The pair started with gentle weights and gradually pushed on as Joe's confidence increased. "When someone trusts you like that, it's quite special, especially when you see the results he has."

Ask Joe how he's getting on in the Gym now, and there's an energy to him. "Gary keeps me on my toes!" He proudly talks of his improvements, such as increasing his treadmill incline to 2.5, and his speed from 4kmph to 6kmph, as well as now being able to complete core exercises on his own. He's also decreased his fat percentage and increased his muscle mass. "I'm feeling much fitter and stronger than I did at the beginning of last year."

And he has the evidence to prove his heart is, too.



3

# OUR VALUE

# GIVING TO THE COMMUNITY IS CORE TO WHO WE ARE



Our annual community support is valued at

**\$3.5M**



Our facilities are valued at

**\$100M**

Our financial contribution is made possible through the support of our partners, members, and the wider community. This support is in the form of subsidised access to world class facilities and sport and recreation programmes, benefiting people of all ages and particularly young people.



Our facilities are valued at **\$100M**.  
Here's what it's made up of:

**\$44M**

AUT Millennium  
centre

**\$29M**

National  
Aquatic Centre

**\$19M**

Land

**\$2.7M**

Athletics  
stadium

**\$2.65M**

Accommodation  
facilities

**\$1.23M**

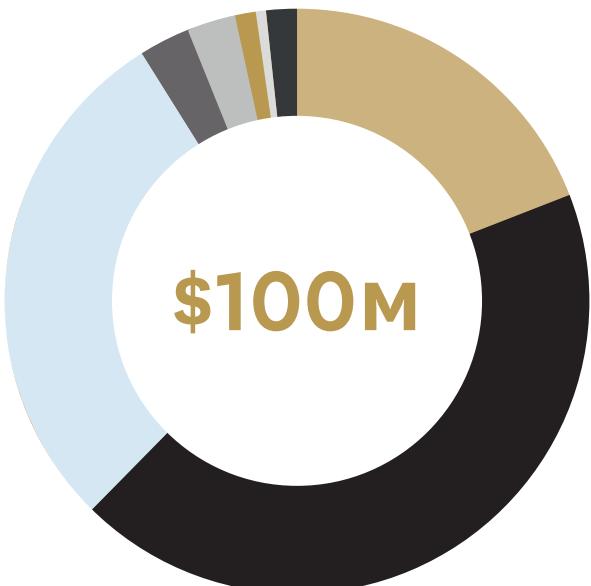
Leasehold  
improvements  
& other

**\$0.44M**

Operating  
equipment

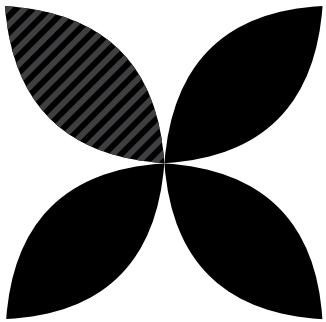
**\$1.83M**

Other



4

# FINANCES



Over 20 years, AUT Millennium has developed extensive, world class sport, health and education facilities funded by generous private benefactors, Government, Local Body and institutional funders. As 31 December 2021, AUT Millennium had accumulated net assets of \$100.58m, mainly in the value of land and buildings.

Over this time, AUT Millennium has developed a business model to cover operating costs and to meet its charitable purposes. Prior to the impact of the Covid-19 pandemic, this resulted in a responsible annual cash surplus, sufficient to maintain facilities to a high standard over time, while providing significant support for stakeholders and the wider community.

Due to the disruption of the Covid-19 Pandemic and associated facility closures in 2021, AUT Millennium recorded an operating cash deficit of \$150,000, inclusive of \$1.28 million from the government's Covid-19 Wage Subsidy. A non-cash depreciation charge of \$2.26 million resulted in a 'book' loss of \$2.41 million, before revaluations.

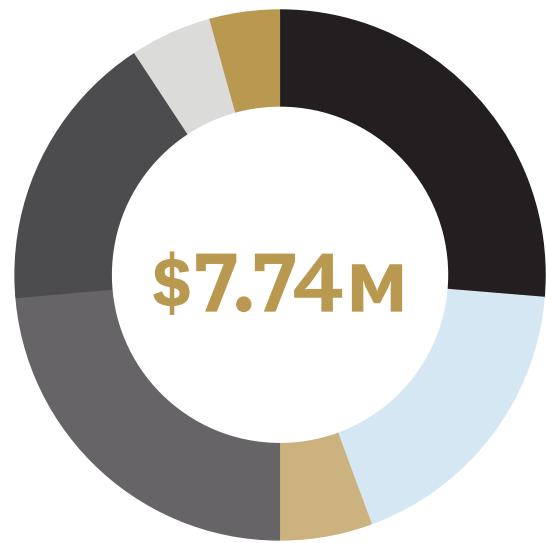
In accordance with policy, an independent valuation was undertaken in 2021, resulting in a write-up of \$17 million in the value of land and buildings.



#### BALANCE SHEET AS AT 31 DECEMBER 2021

	\$m
Current Assets	1.79
Property Plant & Equipment	99.75
Other Assets	0.04
<b>Total Assets</b>	<b>101.58</b>
Liabilities	1.27
Trust Equity	100.31
	<b>101.58</b>

## Total operating income



**\$2.03M**  
Swimming pools

**\$1.28M**  
Covid-19 wage subsidy

**\$1.28M**  
Gyms

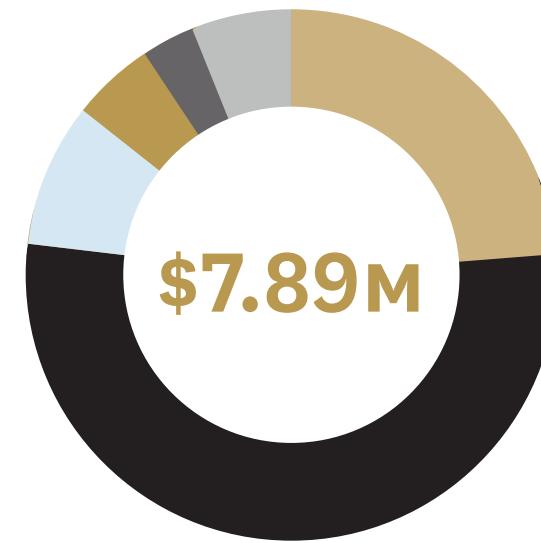
**\$0.29M**  
Grants & sponsorships

**\$0.40M**  
Lodge & catering

**\$0.39M**  
Other

**\$2.07M**  
Rents received &  
hireage of facilities

## Total operating expenditure



**\$4.3M**  
Staff expenditure

**\$0.41M**  
Repairs & maintenance

**\$1.76M**  
Property expenditures

**\$0.22M**  
Marketing & promotions

**\$0.75M**  
Administration &  
professional services

**\$0.45M**  
Other



**BE THE BEST YOU CAN BE**